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The association of work-related stress with mental health and happiness in Japan

Abstract

The objectives of this study were to: (1) investigate the work-related stress factors associated with mental health and happiness and (2) identify lifestyle and family/community factors associated with mental health and happiness.

Cross-sectional data on Japanese residents were derived from the Japan Multicenter Cohort Study (J-MICC Study) in the Okazaki area. The Mental Health Component Summary Score of the SF-8™ and self-rated happiness were regressed on number of weekday work hours, weekday commute time, nine work-related stress variables, three family/community variables, and six lifestyle variables, net of the influences of control variables.

The least squares mental health mean of the respondents with the highest interpersonal relationship stress at work was 5.2 points lower than that of those with the lowest stress level. The least squares happiness mean of the respondents with the lowest work-related motivation was 12.2 points lower than that of those with the highest motivation. The least squares happiness mean of the respondents with the highest interpersonal relationship stress at work was 6.0 points lower than that of those with the lowest stress

level. Family relationships and frequency of sleep disturbances were related to mental health and happiness.

Interpersonal relationship stress at work was associated with mental health and happiness, suggesting that focusing on improving co-worker relationships might protect or improve employees' mental health. Family relationships were associated with mental health and happiness, suggesting that interventions should extend beyond consideration of the workplace to include family situations and conditions.